

Anatomy & Physiology: Muscles—Rectus Abdominis.

STRUCTURE.

- Origin: pubic crest and pubic symphysis.
- Insertion: cartilage of ribs 5-7; xiphoid process.

FUNCTION.

- Concentric action: spinal flexion (especially lumbar portion), lateral flexion, and rotation; compress abdomen (defecation, urination, forced exhalation, childbirth).
- Reverse mover action: pelvic posterior tilt; lower trunk flexion; ipsilateral pelvic elevation; abdominopelvic compression.
- Eccentric action: controls/restrains/slows spinal extension, lateral flexion, and rotation.
- Isometric action: stabilization of lumbo-pelvic hip complex.
- Innervation: thoracic spinal nerves T7-T12. Intercostal nerves.
- Arterial supply: superior epigastric artery inferior epigastric artery, terminal branches of subcostal and posterior intercostal arteries.

CLINICAL SIGNIFICANCE.

References

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